



**PREMIUM SUPPLEMENTS
FOR HEALTH AND BEAUTY**

Beauty starts from inside!

BEAUTY BITES



Take care of your body with natural and healthy ingredients! Beauty Bites is designed to be a delicious snack for a busy day and contains only ecological and very pure ingredients such as marine collagen, sweet dates, creamy almond cream, mild agave nectar, crispy coconut chips and freeze-dried strawberries. This unique combination offers a versatile taste experience and healthy nutrients that help keep your skin radiant and your body energetic. Enjoy this healthy sweet at any time of the day!

Beauty starts from the inside – you are what you eat!



Ecological marine collagen

Marine collagen is a naturally occurring protein that is important for maintaining skin health and elasticity. It is derived from fish and contains a large amount of collagen and other essential nutrients that help moisturize the skin and reduce the signs of aging, support a younger look and healthy skin.

The Beauty Bites pack contains 15,000 mg of marine collagen.



Ecological freeze-dried strawberry

Freeze-dried strawberries are made from fresh strawberries that have undergone a freeze-drying process to preserve their flavor, nutrients and texture. This process involves freezing strawberries, and then drying them at low temperature, which helps to preserve their natural properties, including vitamins and trace elements.



Ecological dates

Ecological dates are grown naturally and sustainably and thus retain their purity and richness of nutrients. Dates are sweet, juicy and healthy. Dates are nutritious fruits that provide several health benefits. They are a good source of fiber, vitamins (such as B vitamins and vitamin C) and minerals (such as iron, potassium and magnesium). Dates help digestion, regulate blood sugar levels, support heart health, strengthen the immune system, and provide energy and antioxidants.



Ecological almond cream

Ecological almond cream is made from roasted ecological almonds without added sugar, preservatives or artificial flavorings. This cream is a healthy alternative to regular butter or nut butter and contains beneficial fatty acids, proteins, fiber and vitamins. This is a popular choice for people with a healthy lifestyle who appreciate natural and high-quality products.



Ecological coconut chips

Coconut chips are roasted at a low temperature to preserve their flavor, nutrients and crunchiness. Ecological coconut chips are rich in fiber, healthy fats and minerals and have a naturally sweet taste.



Ecological cocoa

Cocoa powder is made from unroasted cocoa beans, preserving their natural flavor, aroma and nutrient content. Ecological cocoa is rich in antioxidants, minerals (e.g. magnesium, iron, zinc) and vitamins (e.g. vitamin E).



Ecological agave nectar

Ecological agave nectar is a sweet syrup made from the juice of an agave cactus. It is produced from ecologically certified agave cactus. Ecological agave nectar is a natural sweetener that contains fructose and other natural sugars. It has a lower glycemic index compared to regular sugar, which means that it does not cause a sharp increase in blood sugar levels.

Ecological agave nectar is a popular choice for people with a healthy lifestyle who want to reduce the consumption of refined sugar and prefer natural sweeteners.

All ingredients are of ecological origin, which means that they have been grown in an ecologically certified way without chemical fertilizers or pesticides.

IMPORTANT FACTS

100% clean, ecological, natural and high-quality raw materials. Made without artificial sweeteners and fragrances, harmful E- and bulking agents. Lactose-free. Contains only naturally occurring sugars.

We recommend dividing the package over 3 days – this way you will consume the optimal amount of collagen and calorie intake!

Ingredients:

Bio date paste, bio almond cream, bio fish collagen, bio agave syrup, bio ground cocoa, bio coconut chips, bio crushed cocoa beans, bio freeze-dried strawberry, bio dried baobab pulp powder, salt.

Gluten and other nuts may be present in the product, as these ingredients are also handled in the factory.

Contains only naturally occurring sugars.

Nutritional value per 100 g	
energy value	1612 kJ / 385 kcal
fats	15 g
of which saturated	5 g
carbohydrates	39 g
of which sugars	35 g
fiber	11 g
proteins	20 g
salt	1.0 g

Net weight 120 g.
Keep dry and cool.



COLLAGEN BEAUTY GUMMIES



We know that in addition to the fast pace of life, children and other responsibilities, it is sometimes difficult to find time for yourself to nurture the organism in the way it needs. Driven by this, we have created nutrient-rich gummies that contain a triple combo of beauty elixirs – collagen, hyaluronic acid and coenzyme Q10. Delicious strawberry-flavored gummies that are hard to wait for the next day's dose.

We are sure that with our product there will be no shortage of beauty elixirs combo in your day-to-day life.



Collagen

Collagen has been talked about as one of the miracle weapons against aging.

Collagen is a protein found in almost all structures of the body: skin, cartilage, tendons, ligaments and connective tissues. There are 28 forms of collagen, including three main types: type I, II and III type collagen.

Collagen is one of the biggest influences on the health of our skin. Thanks to collagen, our skin is stronger, more hydrated and more elastic. From the age of 25, our body gradually begins to produce less collagen, due to that dryness and wrinkles on the skin begin to appear. From the age of thirty, women lose 1% of the thickness of their skin every year.

In addition to skin health, collagen also plays a major role in muscle, skeletal and heart health. Collagen provides the structure of our arteries, which draw blood from the heart to the rest of the body. Without collagen, arteries become less flexible and elastic. The main component of our bones is precisely collagen, and as it decreases, bone thinning can occur.

Collagen Beauty gummies use collagen hydrolysate from cattle. The daily dose contains 1500 mg of collagen.



Hyaluronic acid

We can consider hyaluronic acid as one of the most popular active ingredients used in skin care.

Hyaluronic acid is a polysaccharide that our body naturally produces. It is found mainly in the skin (about 50% of all hyaluronic acid found in the body), joints, eyes and connective tissue. If 65% hyaluronic acid is contained in the skin of a 35-year-old, then in the skin of a 60-year-old only 10-20%.

Internal aging and external aging, or photoaging, affect our skin and other organs. During both aging processes, the number of hyaluronic acid molecules (including other important molecules such as collagen, elastin, etc.) decreases.

Nutricosmetics is a great beauty ally, and this is precisely at the "root level". When introducing hyaluronic acid supplements, you can notice a number of changes:

- 1. The skin is softer, brighter, more elastic and moisturized.**
- 2. Acne scars become less noticeable and brighter.**
- 3. Faster healing of skin lesions.**
- 4. Wrinkles are reduced.**
- 5. The protective barrier of the skin is strengthened.**
- 6. The skin is less sensitive and reddened.**

In addition to its excellent skin-enhancing properties, hyaluronic acid also helps against chronic fatigue, chronic pain, erectile dysfunction, insomnia, weakening of bones and urinary tract infections.

Collagen Beauty gummies contain 75 mg of hyaluronic acid in a daily dose.



Coenzyme Q10

Coenzyme Q10 is a nutrient that occurs naturally in the body. The level of Q10 in our body decreases with age. Coenzyme Q10 levels have also been found to be lower in people with certain medical conditions, such as heart disease, and in those who take cholesterol-lowering medications called statins.

Coenzyme Q10 acts as an antioxidant that protects cells from damage and plays an important role in metabolism. Antioxidants fight harmful particles known as free radicals in the body, which damage cell membranes, corrupt DNA, and even lead to cell death. Scientists believe that free radicals contribute to the aging process, as well as a number of health problems, including heart disease and cancer. Antioxidants such as Q10 can neutralize free radicals and can reduce or even help prevent the damage they cause.

Beneficial properties of coenzyme Q10 for our skin:

- **Stimulates cell activity:** As our skin ages, all these processes slow down, causing dull, pale and wrinkled skin. Q10 helps keep cells active and energetic, helping them get rid of toxins.
- **Reduces sun damage.**
- **Evens out skin tone:** Q10 blocks tyrosinase, which contributes to the production of melanin, which means that Q10 can help prevent faded skin tone and dark spots.
- **Fills skin cells and helps to make the skin more even.**

Collagen Beauty gummies contain 30 mg of coenzyme Q10 in a daily dose.



Vitamin C

Vitamin C, also known as L-ascorbic acid, is a water-soluble vitamin that occurs naturally in some foods, is added to others, and is available as a dietary supplement. People, unlike most animals, are not able to synthesize vitamin C endogenously, so it is an important food component. In the body, it acts as an antioxidant, helping to protect cells from damage caused by free radicals. Free radicals are compounds that are formed when our body converts the food we eat into energy. People are also exposed to free radicals due to cigarette smoke, air pollution and ultraviolet radiation from the sun.

Beneficial properties of vitamin C:

- **helps reduce fatigue and exhaustion**
- **contributes to normal collagen formation in the skin, bones, blood vessels, cartilage, gums**

- **contributes to the normal functioning of the nervous system**
- **contributes to normal psychological functions**
- **helps protect cells from oxidative stress**
- **increases the absorption of iron and contributes to the re-emergence of the initial form of vitamin E**
- **contributes to the normal functioning of the immune system**

Collagen Beauty gummies contain 72 mg of vitamin C in a daily dose.



Vitamin E

Vitamin E (10.8 mg α -TE/ 90%* NRV) is one of the best antioxidants in skin care. It neutralizes free radicals that have mainly caused premature aging of the skin. Vitamin E helps to keep the skin hydrated and elastic, helps to reduce the formation of wrinkles. Vitamin E together with coenzyme Q10 forms a superpower combo – an effective protection against oxidative stress.

Collagen Beauty gummies contain a daily dose of vitamin E 10.8 mg α -TE.

IMPORTANT FACTS

The ingredients in our product have been selected on the basis of scientific research and work in synergy with each other – one nutrient supports another in absorption, forming a whole for ideal skin care.

100% pure, natural and high-quality raw materials. Made without artificial sweeteners and fragrances, harmful E- and bulking agents. Lactose and gluten free. Allergy-free.

One pack is for the 10 days.

Instructions for use:

Chew 3 gummies a day, preferably in the morning. Food supplements are not a substitute for a varied and healthy diet. Do not exceed the daily dose. Not recommended for children under 12 years of age, pregnant women or nursing mothers without medical consultation. Keep out of reach of children. Store in a cool and dry place, away from sunlight.

Ingredients:

glucose syrup, sugar, water, collagen hydrolysate (cattle), gelling agent (gelatin), acidity regulator (citric acid), maltodextrin, L-ascorbic acid (vitamin C), sodium hyaluronate (hyaluronic acid), D-L- α -tocopherol acetate (vitamin E), coenzyme Q10, dye (anthocyanins), vegetable oil

(coconut), natural flavoring, glazing agent (carnauba wax).

**Nutritional value in the recommended daily dose
(3 candies)**

Collagen hydrolyzate	1500 mg
Hyaluronic acid	75 mg
Coenzyme Q10 (ubiquinol)	30 mg
Vitamin C	72 mg / 90%*
Vitamin E	10.8 mg α -TE / 90%*
*Nutrient reference values at recommended daily intake	

Net weight 150g.



COLLAGEN BEAUTY GUMMIES

TOIDULISAND KOLLAGEENI, HÜALURONHAPPE,
KOENSÜÜM Q10 JA VITAMIINIDEGA
FOOD SUPPLEMENT WITH COLLAGEN,
HYALURONIC ACID, Q10 AND VITAMINS

30 MAASKAMATSelist KOMMI
STRAWBERRY FLAVORED
GUMMIES
10 PÄEVAKS
DAY TREATMENT

COLLAGEN BEAUTY GUMMIES

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BEAUTY SLEEP GUMMIES



Innovative Beauty Sleep cherry flavored gummies are designed to support your beauty on a physical and mental level during sleep.

Sleep, food and exercise are the basic human needs that guarantee us vitality and good health. The role of sleep in mental health well-being plays a huge role, and we sincerely believe that once our basic needs are met, we will also be able to be more beautiful people to others. The ashwagandha, chamomile and melatonin contained in the product help to relax, reduce the level of cortisol in the body and ensure better quality and deeper sleep.

As we like it in Ultimate Beauty, the product is also not lacking in an active ingredient that boosts physical beauty. To do this, we have selected the most popular active ingredient in cosmetics, hyaluronic acid, which provides hydration and radiance of the skin, and this at night, when cell renewal occurs.



Ashwagandha

Ashwagandha is a well-known medicinal plant in Ayurvedic medicine for centuries, which is a form of alternative medicine based on the principles

of India natural treatment. Ashwagandha, by botanical name *Withania Somnifera*, is also known as “Indian ginseng” or “winter cherry”. The ashwagandha plant is a shrub with small yellow flowers, originally from Southeast Asia and India. Ashwagandha is a perennial plant, the roots and leaves of which contain bioactive compounds, including alkaloids, flavonoids and withanolides.

Ashwagandha is known for its adaptogenic properties that help the body adapt to stress and balance the physical and mental state of the body. It is widely used to relieve stress, increase energy, strengthen the immune system and improve overall well-being.

Ashwagandha helps to reduce the level of stress hormones in the body, such as cortisol, and supports the balance and relaxation of the nervous system. People have been using Ashwagandha for hundreds of years to relieve anxiety and stress. The positive effect of ashwagandha in terms of relieving stress and anxiety has been confirmed by many scientific studies.

Another of the most well-known positive effects of ashwagandha is the improvement of sleep quality and the support of a holistic sleep cycle.

Beauty Sleep gummies use *Withania Somnifera* root extract 300 mg



Hyaluronic acid

We can consider hyaluronic acid as one of the most popular active ingredients used in skin care.

Hyaluronic acid is a polysaccharide that our body naturally produces. It is found mainly in the skin (about 50% of all hyaluronic acid found in the body), joints, eyes and connective tissue. If 65% hyaluronic acid is contained in the skin of a 35-year-old, then in the skin of a 60-year-old only 10-20%.

Internal aging and external aging, or photoaging, affect our skin and other organs. During both aging processes, the number of hyaluronic acid molecules (including other important molecules such as collagen, elastin, etc.) decreases.

Nutricosmetics is a great beauty ally, and this is precisely at the “root level”. The use of hyaluronic acid in the food supplement gives several changes

- **The skin is softer, brighter, more elastic and moisturized.**
- **Acne scars become less noticeable and brighter.**
- **Faster healing of skin lesions.**
- **Wrinkles are reduced.**
- **The protective barrier of the skin is strengthened.**

- **The skin is less sensitive and reddened.**



Chamomile

Chamomile is a medicinal plant that is widely used in medicine, cosmetology and cooking. Chamomile belongs to the Asteraceae family and has delicate white flowers with a characteristic delicate smell. Chamomile is grown mainly in Europe, but it is also found in other regions around the world.

There are two main types of chamomile: Roman chamomile (*Chamaemelum nobile*) and German chamomile (*Matricaria chamomilla*). Both types contain bioactive compounds such as flavonoids, coumarins and essential oils, which give chamomile its healing properties.

Chamomile is one of the well-known medicinal plants in the world, with anti-inflammatory, soothing, antibacterial and antioxidant properties that help relieve various health problems.

Beauty Sleep gummies contain 60 mg of *Matricaria recutita* chamomile extract in a daily dose.



Melatonin

Melatonin is a hormone that is produced mainly in the pineal gland (epiphysis) of the brain. It plays an important role in the body's sleep cycle and circadian rhythm. Melatonin production increases in the dark and decreases when exposed to light.

Melatonin has several important functions:

- 1. Regulates sleep cycle:** Melatonin helps regulate sleep cycle and biological time of day. Its level rises in the evening, helping the body to prepare for falling asleep.
- 2. Improves sleep quality:** Melatonin helps improve the quality, depth and duration of sleep.
- 3. Regulates the circadian rhythm:** Melatonin helps regulate the circadian rhythm of the body, which affects several physiological processes, including body temperature, hormone production and metabolism.
- 4. Antioxidant effect:** Melatonin has a strong antioxidant effect, which helps protect cells from free radical damage. It can help reduce oxidative stress and inflammation in the body.

The beneficial effect of melatonin is achieved by taking at least 1 mg of melatonin

Beauty Sleep gummies contain 1 mg of melatonin in a daily dose.

IMPORTANT FACTS

100% pure, natural and high-quality raw materials. Made without artificial sweeteners and fragrances, harmful E- and bulking agents. Lactose and gluten free. Vegan.

One jar is enough for 20 days.

Instructions

Instructions for use: Chew 2 candies 30 minutes before going to bed. Food supplements are not a substitute for a varied and healthy diet. Do not exceed the daily dose. Not recommended for teenagers or children, pregnant women or nursing mothers without medical advice. Do not use with sedatives and sleeping pills. Refrain from driving for at least 4 to 5 hours after use. Keep out of reach of children. Store in a cool and dry place, away from sunlight.

Ingredients:

glucose syrup, sugar, water, ashwagandha root extract (Withania somnifera), sodium hyaluronate (hyaluronic acid), citric acid (acid), gelling agent (pectin), German chamomile flower extract (Matricaria recutita), natural flavoring, acidity regulator (trisodium citrate), food coloring (anthocyanins), vegetable oil (coconut), steviolglycoside, anti-caking agent (carnauba wax), melatonin.

Contains sweetener stevia.

Nutritional value in the recommended daily dose (2 candies)

Ashwagandha (Withania somnifera)	300 mg
Hyaluronic acid	200 mg
German Chamomile Flower Extract (Matricaria recutita)	60 mg
Melatonin	1 mg

Net weight 126g.

BEAUTY ELIXIR



An innovative product for radiant skin, hair and nail strength, containing Naticol® marine collagen 10,000 mg, MSM, liposomal hyaluronic acid, liposomal vitamin C, liposomal zinc and liposomal coenzyme Q10.

The efficacy of Naticol marine patented collagen contained in the product has been proven in several clinical studies, where people have observed a reduction in wrinkles, improved skin elasticity and radiance. The product also includes liposomal vitamins, the absorption of which is significantly more efficient than traditional vitamins. In the case of liposomal technology, the active ingredient (e.g. vitamin C molecule) is covered with a layer of phospholipids, or fat, which means that the active ingredient is not destroyed during digestive processes and most of it can be absorbed directly into the bloodstream in the intestines. This way we get the maximum benefit from the vitamins.

In addition to collagen, the product contains proven vitamins that have an effect on our skin, hair and nails.

A pleasantly sour lemon-cherry flavored soluble powder that you can add

to any of your favorite foods or consume simply with water. The product does not have the unpleasant “marine” taste that is characteristic of many collagens.

The product has completely pure formula – 100% high quality raw material and free of harmful e-substances.



Naticol® marine collagen

Naticol marine collagen is a naturally occurring protein that is important for maintaining skin health and elasticity. It is derived from fish and contains a large amount of collagen and other essential nutrients that help moisturize the skin and reduce the signs of aging, support a younger look and healthy skin.

The Beauty Elixir sachet contains 10,000 mg of marine collagen.



MSM (Methylsulfonylmethane)

MSM is a naturally occurring compound that contains sulfur, which is essential for collagen production and skin health. It helps improve skin elasticity, reduce inflammation, and promote the healing of damaged tissues. By supporting the skin's structural integrity and enhancing its hydration, MSM contributes to a more youthful and radiant appearance.



Liposomal hyaluronic acid

We can consider hyaluronic acid as one of the most popular active ingredients used in skin care.

Hyaluronic acid is a polysaccharide that our body naturally produces. It is found mainly in the skin (about 50% of all hyaluronic acid found in the body), joints, eyes and connective tissue. If 65% hyaluronic acid is contained in the skin of a 35-year-old, then in the skin of a 60-year-old only 10-20%.

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- **Acne scars become less noticeable and brighter.**
- **Faster healing of skin lesions.**

- **Wrinkles are reduced.**
- **The protective barrier of the skin is strengthened.**
- **The skin is less sensitive and reddened.**

Liposomal vitamin C

Vitamin C, also known as L-ascorbic acid, is a water-soluble vitamin that occurs naturally in some foods, is added to others, and is available as a dietary supplement. People, unlike most animals, are not able to synthesize vitamin C endogenously, so it is an important food component. In the body, it acts as an antioxidant, helping to protect cells from damage caused by free radicals. Free radicals are compounds that are formed when our body converts the food we eat into energy. People are also exposed to free radicals due to cigarette smoke, air pollution and ultraviolet radiation from the sun.

Liposomal Zinc

Liposomal zinc is a form of zinc that is encapsulated in liposomes, which enhances its absorption and bioavailability. Zinc is crucial for skin health, as it plays a vital role in wound healing, regulating oil production, and protecting against oxidative stress. By delivering zinc effectively to skin cells, liposomal zinc helps maintain a clear, youthful complexion and supports overall skin resilience.

Liposomal coenzyme Q10

Coenzyme Q10 is a nutrient that occurs naturally in the body. The level of Q10 in our body decreases with age. Coenzyme Q10 levels have also been found to be lower in people with certain medical conditions, such as heart disease, and in those who take cholesterol-lowering medications called statins.

Coenzyme Q10 acts as an antioxidant that protects cells from damage and plays an important role in metabolism. Antioxidants fight harmful particles known as free radicals in the body, which damage cell membranes, corrupt DNA, and even lead to cell death. Scientists believe that free radicals contribute to the aging process, as well as a number of health problems, including heart disease and cancer. Antioxidants such as Q10 can neutralize free radicals and can reduce or even help prevent the damage they cause.

Beneficial properties of coenzyme Q10 for our skin:

- **Stimulates cell activity:** As our skin ages, all these processes slow down, causing dull, pale and wrinkled skin. Q10 helps keep cells active and energetic, helping them get rid of toxins.

- **Reduces sun damage.**
- **Evens out skin tone: Q10 blocks tyrosinase, which contributes to the production of melanin, which means that Q10 can help prevent faded skin tone and dark spots.**
- **Fills skin cells and helps to make the skin more even.**

The Beauty Elixir sachet contains 30 mg of coenzyme Q10 in a daily dose.

Instructions

Instructions for use: mix one sachet per day with 200 ml of cold water. Stir until the powder is completely dissolved and consume immediately. We recommend taking it in the morning. Do not exceed the recommended dose. Do not use the dietary supplement as a substitute for a varied diet. It is important to eat a varied and balanced diet and practice a healthy lifestyle. Keep the product out of the reach of children. Store the product closed at room temperature up to 25 degrees and protected from direct sunlight.

Ingredients:

Naticol® Fish Collagen Peptides, Methylsulfonylmethane (MSM), Citric Acid (Acidity Regulator), Natural Flavouring (Cherry), Natural Flavouring (Lemon Juice), Liposomal Sodium Hyaluronate, Beetroot Powder (Natural Colorant), Liposomal Vitamin C (Ascorbic Acid), Liposomal Zinc Citrate, Liposomal Coenzyme Q10 (Ubiquinone), Lemon Balm Leaf Extract (*Melissa officinalis*), Sweetener: Steviol glycosides (from Stevia).

Developed in Estonia. Produced in the EU by the Estonian brand UltimateBeauty OÜ.

Ingredients per recommended daily dose (1 sachet):

Naticol marine collagen	10,000 mg
Methylsulfonylmethane	500 mg
Liposomal hyaluronic acid	200 mg
Liposomal vitamin C	100 mg / 125%* NRV
Liposomal zinc	15 mg / 150%* NRV
Liposomal coenzyme Q10	30 mg
NRV* – percentage of the daily reference amount for adults.	



ULTIMATE BEAUTY

BEAUTY ELIXIR

by Anu Saagim

TOIDULISAND, MILLES, SISALDUB, NATICOL® MERELINE, KOLLAGEEN, MSM, LIPOSOOMNE
HUALUROONHAPE, LIPOSOOMNE C-VITAMIN, LIPOSOOMNE TSINK JA LIPOSOOMNE Q10
PREMIUM FOOD SUPPLEMENT WITH NATICOL® FISH COLLAGEN, MSM, LIPOSOOMAL HYALURONIC
ACID, LIPOSOOMAL VITAMIN C, LIPOSOOMAL VITAMIN ZINC AND LIPOSOOMAL COENZYME Q10.



KIRSI-SIDRUNI MAITSeline
CHERRY-LEMON FLAVOUR

